

April 10, 2006

## Wellness Works Starts at CHFS Complex

The Wellness Works Kentucky campaign officially kicked off last week at the CHFS complex and drew numerous employees out of the office for a 1-mile walk led by CHFS Secretary Mark D.



Secretary Birdwhistell offers cool beverages to thirsty walkers after their mile walk.

Birdwhistell. The walk jump-started CHFS' participation in America on the Move.

"America on the Move at CHFS is a six-week challenge for employees to focus on active living and healthy eating," said Secretary Birdwhistell. "By stepping out and walking individually or in teams for this time period, the hope is that employees will inspire one another to a lasting healthy lifestyle change."

Gayle Yocum, a wellness committee member and organizer of the event, said she was glad so many people participated in the event.

"I believe the level of awareness for personal health and well-being is rising and people of all fitness levels are seeing America on the Move as a program that can meet their needs," said Yocum. "The worksite wellness and health promotion committee strives to find interesting ways to educate and motivate and are open to any suggestions."

Fellow wellness committee member Jodie Weber, a healthy policy analyst, assisted CHFS employees with the registration process and echoed Yocum's sentiments.

"I, along with the wellness committee, was extremely pleased with the kick-off ceremony for Wellness Works Kentucky," said Weber. "We had a beautiful day and great participation from employees. I wish them all the best of luck during the six-week challenge and look forward to offering more of these health awareness activities."

Mike Schardein, an environmental biologist in the Department for Public Health and a wellness committee member, said those who are not registered can still do so.

"I would tell people to still sign up," said Schardein. "America on the Move is about empowering people to move toward living a healthier lifestyle."

The Personnel Cabinet and Kentucky Employees Health Plan Humana are sponsoring the challenge, which has been adopted by CHFS.

For more information about Wellness Works Kentucky, visit the wellness Intranet site, [chfsnet.ky.gov/wellness/](http://chfsnet.ky.gov/wellness/).

## Blue Ribbon Campaign Began with Grandmother's Grief

*By Anya Armes Weber*

Blue ribbons are on display everywhere during April, Child Abuse Prevention Month. You may see them on lapels, on flagpoles or even wrapped around trees and streetlights.

The Blue Ribbon Child Abuse Prevention Campaign began in 1989 as tribute by a grief-stricken grandmother in Norfolk, Va. When Bonnie Finney learned that her 3-year-old grandson was killed and her 16-month-old granddaughter severely injured by her daughter's abusive boyfriend, "my life was turned into physical and mental chaos," she said.

Finney reacted by becoming an advocate for child abuse prevention. She tied a blue ribbon to the antennae of her van. She picked blue, she said, because she will "never forget the battered, bruised bodies of my grandchildren."

Finney shares her story at this [link](http://www.preventchildabuse-ri.org/BonnieFinney.asp) (<http://www.preventchildabuse-ri.org/BonnieFinney.asp>) and urges readers to wear and display blue ribbons to encourage education about child abuse prevention and better recognition of the signs of abuse.

April 10, 2006

Wear a blue ribbon to show your support of Finney's work. And read more about the Cabinet's child abuse prevention efforts at [http://chfs.ky.gov/dcbs/dpp/Child\\_Safety.htm](http://chfs.ky.gov/dcbs/dpp/Child_Safety.htm).

## **DCBS award nominations due next week**

*By Anya Armes Weber*

Next Monday, April 17, is the nomination deadline for awards honoring Department for Community Based Services staff.

The awards honor family support staff, family services staff and regional staff. Within each category, each region is to review its nominations and submit one as its regional nominee. A three-member review committee will review nominations with nominees' names, counties, regions and other identifying information deleted to ensure unbiased judging.

Nomination forms and details about each category are available online at <http://chfsnet.ky.gov/cfs/dcbs/>

The regional nominations for each of the award categories are due Monday.

The Sheila G. Eckler Family Support Worker Award is for employees in the family support worker series or supervisors with direct service experience

The Paul T. Grannis Social Services Worker Award honors regional employees in the social services worker series or supervisors with direct service experience are eligible for nomination. Supervisors may nominate staff, and each region is to review its nominations and select one as the regional nominee.

The Commissioner's Award is given to at least one employee from each DCBS region and division who displays an exemplary effort in his or her work. Nominations are open to all DCBS employees. Staff can be nominated by the commissioner, division directors and service region administrators for their demonstrated excellence in the provision of their job duties.

Winners will be recognized at the joint Service Region Administrators' and DCBS Employee Recognition and Management meeting in June.

Nominations must be sent to Marcia James electronically at [Marcia.james@ky.gov](mailto:Marcia.james@ky.gov) or at 275 E. Main St., 3W-A, Frankfort, KY 40621. E-mail any questions to James, or call her at (502) 564-3703.

## **Louisville to host Transplant Games**

*From the National Kidney Foundation*

Even before they set foot on a field of competition, a special group of athletes performed death-defying feats and earned "dream team" status. They all are transplant recipients and will compete in the U.S. Transplant Games, June 16-21, in Louisville. Games organizers said they are thrilled to partner with the City of Louisville, Jewish Hospital and the University of Louisville to present the games.

The Transplant Games are an Olympics-style event for athletes who have received life-saving organ transplants. Athletes will compete for gold, silver and bronze medals in 12 events, including track and field, swimming, tennis, basketball, cycling and golf. Athletes compete on behalf of their home states.

Sponsored biennially since 1990 by the National Kidney Foundation, the U.S. Transplant Games draws participants from all over the country. Attendance at the 2006 U.S. Transplant Games is expected to surpass the record set in 2004 when 7,000 people attended, including transplant athletes, their families and friends, and families of organ donors.

John Davis, National Kidney Foundation CEO, said the games showcase the success of organ transplants and help promote organ donation.

"More than 87,000 Americans currently are on waiting lists for life-saving organ transplants and 10 people die each day while waiting," Davis said. "We hope the spirited competition (of the games) will drive home the message that every American should consider becoming an organ donor."

Transplant Games athletes range in age from 2 to 85. In addition to athletic competition, the games will feature special workshops for donor families and transplantation professionals. A 5K road race, open to all Louisville residents, will be Saturday, June 17.

April 10, 2006

The National Kidney Foundation is dedicated to preventing kidney and urinary tract diseases, improving the health and well-being of individuals and families affected by these diseases and increasing the availability of all organs for transplantation.

## **Volunteers Needed for Transplant Games**

Groups and individuals are needed to volunteer at the 2006 U.S. Transplant Games in June in Louisville.

Volunteers are asked to work a minimum of one full shift, but those who wish to work more are welcome to do so. All volunteers will receive a games T-shirt each day they work a shift. Volunteers working more than one shift in one day will receive at least one free meal. Those putting in 18 or more total hours of volunteer service will receive a special invitation to the June 20 wrap party on the Belvedere following the closing ceremonies.

Each day is divided into three shifts: 5 a.m.-noon; noon-5 p.m.; and 5 p.m.-midnight. Time designations for shifts may vary, depending on the task, but shifts will generally last 4-6 hours.

Games organizers want to assign volunteers to jobs that best suit their interests, so prospective volunteers are asked to list jobs in order of preference on their applications.

For group and individual volunteer applications, visit the official Transplant Games Web site at <http://www.kidney.org/news/tgames/support/volunteer.cfm>. Applications also include more information about the games and a preliminary schedule of events.

For more information on becoming an organ donor call the National Kidney Foundation at (800)622-9010 or visit [www.transplantgames.org](http://www.transplantgames.org).

## **Tech Tips**

### *Mainframe Security Tips*

This month's Tech Tips concerns the KyNet and Mainframe systems.



1. When an error message is received, please stay on the screen until you talk to someone from the Security Help Desk. Please read the exact error message. Do not shut down your computer.
2. Most Common Error Messages:
  - KyNet – Your access to the system has been revoked.
  - Cicstor - Your access to the system has been revoked.
  - KAMES – You have exceeded the maximum security violations.
  - Windows – Your account has been locked out.
3. Reasons a new password is rejected:
  - The password is not a combination of exactly eight letters, numbers or special characters.
  - The password contains an incorrect special character.
  - The password has been previously used.
4. Passwords for KyNet and KAMES have to be exactly eight characters – numbers, letters, and only (# or \$ or @) special characters can be used. Resetting KyNet password does not automatically reset your KAMES password.
5. KAMES passwords must start with a letter.
6. Do not refer to the screen you're on as the first, second or third screen. Screen names are as follows:
  - Windows Log On
  - Ky-Net
  - CICSTOR
  - KAMES
  - "jame" is a command, not a screen name
7. Please do not call the Network Help Desk if you get the message "Userid not known." This is a security issue, so please choose Option 2 when calling the Help Desk.
8. When the Security Help Desk asks for your Userid, this is your HR or HS ID that is used to logon to KyNet.
9. Your KAMES User code is the four characters typed after the jame command, when logging onto KAMES. This is either

April 10, 2006

the last four digits of your Userid, your principle code or your supervisor code.

10. Remember, KyNet is not KAMES. KAMES is just one of many applications that is accessed through KyNet.

## **Earth Week Activities Set for April 17-23**

*Look for Information in Next Week's Focus*

How can you help protect the environment? The Cabinet for Health and Family Services has once again teamed with the Environmental and Public Protection Cabinet and a host of other state and private agencies to help promote the principles of Earth Day, encouraging Kentuckians to play a role in protecting the environment.

While you may not think of CHFS as the "environmental cabinet," we have numerous employees in the Department for Public Health working to make the environment safer, cleaner and less threatening for Kentuckians. In next week's edition of Focus, we'll introduce you to some of them and help you learn more about the work they do, how they do it and how their jobs involve protecting the environment.

## **Caught in the Act**

Cabinet for Health and Family Services General Counsel David Fleenor recently was Caught in the Act on the CHR walking trail. Since starting an intensive weight-loss and wellness campaign in January, Fleenor has lost 42 pounds. On regular visits to the YMCA, he swims, lifts weights and does cardio training. At work, he enjoys walking when weather and his busy schedule permit, and he sticks to Weight Watchers' diet guidelines with healthy choices from the CHFS Café. Congratulations and keep up the good work, Dave!



## **Fleet Management Now Offering Shuttle Service in Frankfort**

In an effort to further improve service, the Division of Fleet Management is pleased to announce the State Service Garage (formerly T-1 Garage) will offer shuttle service to state employees who must leave a state vehicle at the garage for service or repair starting today (Monday, April 10). The shuttle service will initially be offered on a test basis in order to gauge the utilization by and the benefit to state employees. If successful, this service will become a part of Fleet Management's normal operations.

The shuttle will depart from the garage at 8:30 a.m., 11 a.m. and 3 p.m. Monday through Friday. State employees will be transported to and from the locations noted below and scheduled stops will be made in the following order, but may change based on customer needs.

1. Transportation Cabinet Office Building
2. Capital Plaza Tower
3. Capitol and Capitol Annex
4. CHR Complex
5. Capital Center East
6. Fair Oaks Complex

The shuttle may also make stops, as necessary, at other state facilities en route to the scheduled stops.

## **Delivery Dock to be Painted**

The CHR delivery dock will be painted April 20-21. The MSDS sheet for the paint can be found on the Intranet at <http://chfsnet.ky.gov/afa/ofs/msds.htm>.

## **America on the Move Reporting Form on Intranet**

The reporting form for participants in the America on the Move Wellness Works campaign who are not on a team is available on the Intranet.

Here are the two steps for reporting your participation in America on the Move:

- Log in to America on the Move report your activity daily or weekly.
- Your reports (please use the Log Sheet Individual spreadsheet) are due by noon on Tuesdays. The first report will include April



April 10, 2006

5 - 9. The following reports will include Monday through Sunday.

If the report is not made, each individual's totals will not be reported in the Cabinet's totals. America on the Move does not have the ability to track the Cabinet's activity, so this must be reported to Rebecca Aufderhar at [rebecca.aufderhar@ky.gov](mailto:rebecca.aufderhar@ky.gov).

The tracking sheets can be found at <http://chfsnet.ky.gov/wellness/>.

## Ten-ure State Conference Set

The state employees Ten-ure organization will have an informational table set up on the first floor of the CHFS building Wednesday, April 12, to provide information for current members and possible members.

The Tenure state conference will be May 17-19 at the Executive Inn in Owensboro. CHFS Secretary Mark D. Birdwhistell will be the keynote speaker.

Cabinet employees who want to attend the Wednesday social activities must use their own annual or compensatory leave.

Employees may code attendance as regular working hours for any of the sessions they attend on Thursday and Friday. Finally, employees may charge travel time to and from the convention as regular working hours if travel is within the regular work day (overtime cannot be accumulated for travel time.) Time outside of attendance at the sessions must be charged to annual or compensatory leave.

If you have any questions, please contact Cheryl Thompson at (502) 564-7770.

## Employee Enrichment

By Anya Armes Weber

*Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.*



What do you say to a coworker who has experienced a personal loss? It can be challenging to find the right words or know what to do.

Dr. Kirsti Dyer is a wellness specialist and authors a Web page, [journeyofhearts.org](http://journeyofhearts.org), which offers help to anyone who has experienced loss. She suggests that when someone is grieving, listening is the most important thing we can do to comfort them. Here are some other ways to help:

- Acknowledge the co-worker's grief, and let him or her know you empathize with the loss.
- Expect tears and sadness, and expect to listen to a grieving colleague's story more than once.
- Express sincere sympathy either in person or in writing.
- Respect privacy. Honor closed doors and any silences in conversation.
- Offer specific assistance such as providing meals, caring for pets or children and helping with errands.
- Include the co-worker in social plans and let him or her decide whether to participate.
- Staff who support one another through difficult personal times will work together better professionally.

## Shawn Crouch Named CHFS Chief of Staff

Secretary Mark D. Birdwhistell announced Friday that Shawn M. Crouch will become chief of staff for the Cabinet for Health and Family Services (CHFS) effective April 17.

As chief of staff, Crouch will act as Secretary Birdwhistell's top adviser and coordinate all policy and management initiatives for the more than 9,000 employees and 13 departments and offices that make up the Cabinet. He will also continue to oversee the Office of Health Policy, which includes the state's Division of Certificate of Need (CON).

Crouch joined CHFS in February 2004 as executive officer to then-Undersecretary for Health Birdwhistell. He was appointed as executive director of the newly created Office of Health Policy in the

April 10, 2006

summer of 2005. Charged with policy development, health agency oversight and state employee health insurance policy, the Office of Health Policy is positioned to integrate and coordinate issues and programs in Medicaid, mental health and mental retardation services, CON, public health and health insurance. Under Crouch's leadership, the Office of Health Policy recently released the first substantial revision of CON policy in the last decade.

"The citizens of the Commonwealth are fortunate to have someone of Shawn's integrity and intelligence working to improve our health and welfare," Birdwhistell said. "For years I have relied on Shawn, and I'm confident that he'll continue to succeed in this new position of increased responsibility by working collaboratively with outside stakeholders and other government agencies."

"It's been an honor to work with Governor Fletcher, Secretary Birdwhistell and their teams on our significant accomplishments during the past two years," said Crouch. "I'm excited about the Cabinet's plans to continue making progress for Kentucky's families."

Prior to joining the cabinet, Crouch served as the director of government relations for CHA Health. He also has experience working in hospitals and physician's offices.

Crouch is a graduate of the College of Allied Health at the University of Kentucky with a Bachelor of Science in health administration. He is currently pursuing a Master of Public Health degree at UK. A Kentucky native, Crouch currently resides in Lexington.

Crouch replaces Matt Bassett, who resigned as chief of staff effective April 14.

## Oral Cancer Awareness Week

During 2006, the American Cancer Society estimates approximately 30,990 new cases of oral and oropharyngeal cancer (cancer of the mouth and the throat) will be diagnosed in the United States. Additionally, an estimated 7,430 people will die from the disease, with approximately one person dying each hour of each day.

Roughly one-half of the individuals with this disease will be alive five years after their diagnosis, according to the National Institute of Dental and Craniofacial Research. These statistics can improve dramatically with early detection and lifestyle choices. When oral cancers are found early, the survival rate increases to between 80 and 90 percent, according to The Oral Cancer Foundation.

Oral cancer screening exams can detect oral cancers in their precancerous and early cancer stages. The exam is painless, takes five minutes or less, and can save lives.

Oral and oropharyngeal cancers are primarily preventable through healthy lifestyle choices and early screenings. Risk factors for oral cancer include tobacco and alcohol use, prolonged exposure to sunlight, and human papilloma virus (HPV), according to cancer research organizations.

The American Cancer Society lists these signs and symptoms of oral and oropharyngeal cancer, including:

- A mouth sore that doesn't heal
- Pain in the mouth that does not go away
- Persistent lump or thickening in the cheek
- A sore throat or a feeling that something is caught in the throat that doesn't go away
- Difficulty chewing or swallowing
- Difficulty moving the jaw or tongue
- Numbness of the tongue or other area of the mouth
- Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
- Loosening of the teeth or pain around the teeth or jaw
- Voice changes
- A lump or mass in the neck
- Weight loss
- Persistent bad breath

Remember to have any sore or discoloration in your mouth that does not heal in 14 days looked at by a professional. Take advantage of the oral cancer screenings and education activities during the Eighth Annual Oral, Head and Neck Screening Awareness Week events from April 11-17.

April 10, 2006

- For more information, check the following Web sites: American Cancer Society

<http://documents.cancer.org/5043.00/5043.00.pdf>

- National Institute of Dental and Craniofacial Research

<http://www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/OralCancer/default.htm>

- The Oral Cancer Foundation

<http://www.oralcancerfoundation.org/>

- The Yul Brynner Head and Neck Cancer Foundation

[www.yulbrynnerefoundation.org](http://www.yulbrynnerefoundation.org)

- Markey Cancer Center

[http://www.mc.uky.edu/markey/calendar/view\\_event.asp?CalendarID=10587](http://www.mc.uky.edu/markey/calendar/view_event.asp?CalendarID=10587)

## Educate Yourself about ADHD

*By DeBorah Basemore*

Attention Deficit Hyperactivity Disorder is one of the most common psychiatric disorders of children and adolescents and current research reveals that the symptoms can continue into adulthood. This disorder interferes with school, work, social and interpersonal relationships. Three categories of ADHD have been identified: inattentive; hyperactivity-impulse control and combined.

The disorder occurs in approximately 10 percent of boys and 5 percent of girls of elementary school age. It also occurs in from 2 to 7 percent of adults.

According to the American Academy of Children and Adolescent Psychiatry, the disorder's prevalence declines with age. However, 65 percent of hyperactive children continue to experience symptoms into adulthood. The assessment includes clinical interviews, standardized tests, and behavioral assessment, school reports such as behavior, learning, grades, tests and attendance. It is very important to obtain subjective and objective information from family members and friends.

The symptoms for children and adolescents usually appear by age seven. The following symptoms are present for the diagnosis of ADHD: failing to follow directions written and verbal; careless mistakes; not

listening; losing things; easily distracted; difficulty organizing; fidgeting; and difficulty playing quietly and with peers.

These symptoms can continue into adulthood. Signs of ADHD can be difficult to detect if the individual is in a highly structured setting, engaged in an interesting activity and receives one-on-one supervision.

According to clinicians, symptoms can worsen if the environment is unstructured or boring and has minimal supervision.

ADHD is a clinical diagnosis and a single test to diagnose ADHD does not exist. Neuropsychological tests are useful especially if a seizure or degenerative disorder exist. A medical evaluation is important and should include a patient, family history and physical examination to rule out any other medical diagnosis. A medication history of over-the-counter and illicit drugs need to be included.

The treatment for ADHD will depend on the individual's symptoms and his/her clinician. According to the American Academy of Child and Adolescent Psychiatry, in mild cases, parental education, restructure of classroom intervention, structure and teaching style may be enough.

Children and Adults with Attention Deficit / Hyperactivity Disorder (CHADD) is the nation's leading nonprofit organization serving individuals with ADHD. Through collaborative leadership, advocacy, research, education and support, CHADD provides science-based, evidence-based information about ADHD to parents, educators, professionals, the media and the general public. CHADD has more than 20,000 members and 200 affiliates nationwide. The 18th Annual International Conference on ADHD will be Oct. 26 – 28, 2006, in Chicago, Ill.

For more information, visit CHADD's Web site at [www.chadd.org](http://www.chadd.org)